



### **Wire Removal**

Following wire removal today, it is important to remember the following:

1. Please see Dr. Genecov (or your orthodontist) today. They will place you in rubber bands and show you how to do this.
2. It is still very important to maintain your oral hygiene. Please rinse after every meal and snack. You can brush your teeth and water pick on low.
3. Do not bite into hard foods such as corn-on-the-cob, apples, pizza, etc. Cut your food into small pieces. Do this for six weeks, until your physician sees you back in the office.
4. You can now begin eating soft foods that require little chewing. Some examples are macaroni and cheese, spaghetti (almost any noodle dish is OK), scrambled eggs, and beans. Any blenderized food that requires little chewing is OK.
5. If you have questions regarding your diet or any other problems, please do not hesitate to contact our office.